

**What is claimed is:**

1. Adhesive sheet comprising at least a backing and a layer of an adhesive, wherein the backing is in a mechanically stressed state.
- 5 2. Adhesive sheet according to Claim 1, wherein the adhesive sheet further comprises a release liner whose mechanical stiffness is greater than that of the backing material.
3. Adhesive sheet according to Claim 1, wherein the mechanically stressed state is frozen in that the film has a resilience as a result of supply of energy.
- 10 4. Adhesive sheet according to Claim 1, wherein a shrink film is used as backing material.
- 15 5. Adhesive sheet according to Claim 1, wherein the backing is coated on both sides with adhesive.
6. Adhesive sheet according to Claim 1, wherein at least one adhesive has an elastic resilience.
- 20 7. A process for producing punched products comprising punching the products from an adhesive sheet according to Claim 1.
8. Punched products produced according to the process according to Claim 7.
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